St. Mark's Episcopal Church

A Lion's Share

October 28, 2022

Diane Stewart (Parish Warden) and Marj Kulesa (Member of Vestry) ready to greet our Bright Beginnings children and families. See page 4 for more pictures.

A Lion's Share

The Weekly Newsletter of St. Mark's Church A Parish in the Episcopal Diocese of Long Island

St. Mark's Church

40 Main Street
P.O. Box 887
Westhampton Beach, NY 11978

Phone: 631.288.2111
E-Mail:
kate.gabrielsen@stmarkswhb.org
Website: www.stmarkswhb.org

Office Hours

Tuesday to Friday
9:00 a.m. to 2:00 p.m.

Sunday Services

8:00 a.m.—Holy Eucharist
10:00 a.m.—Holy Eucharist (Livestreamed)

Thursday Services

11:00 a.m.—Holy Eucharist with Prayers for Healing
10:00 a.m.—Holy Eucharist , Evening Prayer or Compline

The Rt. Rev. Lawrence Provenzano
Bishop of Long Island
The Rt. Rev. Geralyn Wolf
Assisting Bishop of Long Island
The Rt. Rev. Daniel Allotey
Assisting Bishop of Long Island
The Rt. Rev. William Franklin
Assisting Bishop of Long Island

The Rev. Chris Jubinski
Rector

Email:
chris.jubinski@stmarkswhb.org

St. Mark's Voice—Parish News

THE WEEK AT A GLANCE

Monday (10/31)	**Parish Office Closed**
Thursday (11/03)	10:00 a.m. Bible Study in Rector's Office
	11:00 a.m. Holy Eucharist with Prayers for Healing in Rector's Office
	12:30 p.m. Threshold Singers Choir Practice in the Atwater Room
	5:00 p.m. Holy Eucharist, Evening Prayer, or Compline in the Chapel
	5:30 p.m. Choir Practice in the Church
Saturday (11/05)	9:00 a.m. Men's Breakfast Group at Eckart's Luncheonette
Sunday (11/06)	**Daylight Savings Time Ends**
	8:00 a.m. Holy Eucharist in the Church
	10:00 a.m. Holy Eucharist in the Church
	10:00 a.m. Sunday School in the Atwater Room

Serving Today Sunday, October 30, 2022 at 8:00 a.m.

LEM	Virginia Gilmore
Lector	Carol Johns
Usher	Tom Hadlock
Altar Guild	Diane Stewart, Virginia Gilmore, Freear Pollard

Serving Today Sunday, October 30, 2022 at 10:00 A.M.

LEM	John Andren
Lector	Barbara Pettus
Ushers	Kurt Hofmann, Edie Hofmann
Altar Guild	Victoria Garcia, Jean Scopinich

Coffee Hour will take place following both the 8 & 10 A.M. services in the Parish Hall.

The flowers on the Altar are given to the Glory of God by Judy McDermott in loving memory of Jim McDermott and by Victoria & Fred Garcia in Celebration of the birthday of their son, Fred Reese Garcia.

.

For those serving in the Armed Forces: Amanda E. Degener, Kyle M. Degener, George L. Degener, Jesse Fritz, Nicholas LoRusso, Joshua Rudd, and Michael Keegan.

We ask that you remember those for whom prayers are requested: Chris Allan, Deana Chiusano, Fred Edwards, Nancy Fraser, Anthony Graviano, Noel Hayes, Barbara Ireton, Cathy Jones, Gretchen & Jim Jubinski, Cole LoRusso, Jock McLean, Sean McLean, Sudie Nostrand, Paul Oele, Cassie Panzarino, Dick Pearson, Joan Petrella, Betty-Rose & Stuart Richardson, Jean Scopinich, Sarah Witters, and Rosemary Rees.

THE ANNOUNCEMENTS

TURN BACK CLOCKS ONE HOUR NOVEMBER 6TH.

The Men's Breakfast Group will meet on Saturday, November 5th at 9:00 Eckarts Luncheon on Mill Road in Westhampton Beach. Please plan to attend. We may have a small work project to discuss sometime in November. Please notify Tom Hadlock or Steve DeCaro of your intentions. Thanks to all.

Bible Study takes place on **Thursday at 10 AM** in the Rector's office. All are welcome!

Mid-Week Services on Thursdays at 11:00 a.m.—Holy Eucharist with Prayers for Healing in the Rector's office and at 5:00 p.m.—Holy Eucharist, Evening Prayer, or Compline in the Chapel.

Choir Practice is on **Thursday at 5:30 PM in the church.** The only requirement is the desire to make a joyful noise. For further information contact Stephen Hunt at stephenhuntmusic@gmail.com.

We Need Your Help on Sunday Mornings as a Lay Eucharistic Minister or Acolyte. Please contact John Kern at John@jkernlaw.com.

Sunday School takes place during the 10 AM service in the Atwater Room. Contact Madeline Glover at grahamkraker@hotmail.com or Margie DeCaro at dec3@optonline.net if you have any questions

Altar Flowers: If you would like to dedicate flowers for the Altar contact Laura Bott at 631-722-4749 or email her at Laura.bott17@gmail.com. In November there are two vases available for the 13th and 20th, and one vase for the 27th. Each vase is $40.

Adopt-a-Vet: It is that time again…..please consider helping. This year we are looking for twin size bedding sets (preferably bed-in-a-bag with comforter and sheets) or gift cards of any increment. Donations will go to Beacon House to help our homeless and in need veterans. A box for the items is outside of the church office. November 8th is the deadline. Barbara Rasmussen can be contacted at bresq99@gmail.com if you have any questions. As always, thank you for your support.

Alanon now meets at St. Mark's both in-person and online via zoom on Wednesday evenings at 7:30 p.m. in the Atwater Room. Please speak with Fr. Chris if you are interested in joining this group.

Ways to Help the People of Ukraine…When the donated non-perishable items were delivered to the Ukrainian Church in Riverhead we were told that what they need right now are bandages, pain killers, burn care products and **new winter clothing**. A complete list is posted on the bulletin board next to the church office. Please help us collect as much of these necessary items as we can. There is a box for them in the narthex. You can also visit our website at www.stmarkswhb.org for ways to help.

Maureen's Haven: "Thank you" for donations to Maureen's Haven. A box for donations, along with a list of suggested items such as individual containers of non-perishable food, is in the office lobby.

UPCOMING EVENTS

11/05	**Men's Breakfast Group**
11/20	**Parish Thanksgiving Dinner at 2:00 p.m. in the Parish Hall**

Last Week's Attendance:

Sunday, October 23 8:00 a.m. 19
Sunday, October 23 10:00 a.m. 38 (plus **79** households viewed us online.)
Total 57

Pray for your parish family every day at 12:00 Noon
And Pray for the People in Ukraine!

Trunk or Treat 2022

We Welcome You Into The Household of God!

Anne Platé Considine was baptized on October 2, 2022 at St. Mark's.

Congratulations to her parents, Allison Platé & Thomas Considine, as well as her grandparents, John & Elizabeth Platé

MORE THAN ENOUGH

Giving and Receiving

In his excellent book *Being Christian*, former Archbishop of Canterbury Rowan Williams draws this lesson from the story of Zacchaeus:

> *Jesus is not only someone who exercises hospitality; he draws out hospitality from others. By his welcome, he makes other people capable of welcoming. And that wonderful alternation in the Gospels between Jesus giving hospitality and receiving hospitality shows us something absolutely essential . . .*

Now, I'm probably alone in this, but Archbishop Rowan's comment made me think about the Royal Canadian Navy Manual of Naval Etiquette. The Manual outlines a first and second aim of proper etiquette:

> *The first aim of proper etiquette is "the consistent demonstration of thoughtfulness and consideration for the wellbeing of others." . . .*
>
> *The second aim of proper etiquette is "the gracious acceptance of reciprocation." . . . [O]nly a mutual, interactive process of kindness and decency will allow mutual trust, respect and friendship to flourish.*

Not only does God give us his extraordinary gift of grace, but he graciously accepts our reciprocation.

Questions For Reflection:

Can you think of a time someone was very generous with you but would not permit you to reciprocate in any way? How did you feel?

How was it different in another case where you were allowed to reciprocate?

This reciprocation, however, is not a quid pro quo. The relative value of God's gifts to us and our gifts to God are nowhere near equal. The graciousness of a person of wealth and privilege will look very different from the graciousness of a person who is poor or otherwise marginalised. Yet though the fare at the poor person's table may not be the haute cuisine we would expect from the tables of the wealthy, who would be so churlish as to complain? The simple stew was likely a greater sacrifice for the poor host than the steak and lobster was for the wealthy. And like the widow's mite, it is appreciated all the more.

Our God is not content to be merely the dispenser of largesse. Our God seeks a relationship with us. In order for that relationship - that *friendship* - to flourish, the God who is so generous with us graciously accepts our reciprocation. | TENS.org

Fr Malcolm French, SCP, is the Rector of St. Simon's Anglican Church, Oakville, ON in the Diocese of Niagara. He has previously served parishes in western Canada and in Aotearoa New Zealand. He was also a Royal Canadian Navy (Reserve) officer for 25 years.

Vestry Meeting Minutes
September 20,2022
6PM At the Rectory

Members Present: Fr. Chris Jubinski, Diane Stewart, Sandy Wyman, Steve DeCaro, Diane Feil, Madeline Glover, Steve Turner, Tom Hadlock

Check in Time: Fr, Chris welcomed us to the Rectory and Blessed our Dinner.

Minutes: a motion was made by Madeline Glover, seconded by Sandy Wyman to approve the minutes from the August 16,2022 meeting.

Diocesan Convention Delegates:
Fr. Chris asked for approval of Marj Kulesa, Delegate and Diane Stewart Alternate for the 2022 Diocesan Convention. The Vestry approved his nominees.

Beinecke Building Update:
Fr. Chris received a phone call on Aug. 16th from Douglas Elliman Agent requesting our approval for the tenant to apply for a permit before we signed a lease to upgrade our Septic System. This upgrade is a must in order for them to rent from us. Tenant would pay for upgrades to the Septic System. Diane Stewart moved that the Vestry approve this request and Steve DeCaro second it. Vestry Approved.
The Tenant at this time is looking for a 10-year lease Plus 5.
The Tenant's monthly rent is being negotiated and would be increased over time (% being discussed).
The Tenant would pay all monthly utilities.
The Tenant would supply a punch list of needs to be done (they would pay for)
The tenant is nonprofit / St Mark's would not have to worry about taxes on Beinecke Building.

Stewardship:
Tom Hadlock reported that Barbara Pettus would head the Stewardship Campaign with Tom Hadlock helping her. Our goal is $160,000.
A Fall Reception on Oct. 14th to start our campaign.

Grounds:
Steve Turner and Seve DeCaro noted work that needs to be done on the Rectory.

- Chimney Repair to cap.
- The deck requires sanding and staining.
- Roof on the shed replaced.

Bright Beginnings:
In October:
Fall fundraiser Mum Sale and a Trunk or Treat Halloween Celebration Oct. 27th

Adjournment and Closing Prayer: The meeting was adjourned at 7:40 PM with Prayers.

Next Vestry Meeting: October 18th 6:30 PM via zoom.
Respectfully submitted,
Diane Stewart

The Liturgical Guide

	October 9, 2022 18 Pentecost Proper 23C	October 16, 2022 19 Pentecost Proper 24C	October 23, 2022 20 Pentecost Proper 25C	October 30, 2022 21 Pentecost Proper 26C
Lectionary Readings	2 Kings 5:1-3, 7-15c Psalm 111 2 Timothy 2:8-15 Luke 17:11-19	Genesis 32:22-31 Psalm 121 2 Timothy 3:14-4:5 Luke 18:1-8	Sirach 35:12-17 Psalm 84:1-6 2 Timothy 4:6-8,16-18 Luke 18:9-14	Isaiah 1:10-18 Psalm 32:1-8 2 Thess. 1:1-4, 11-12 Luke 19:1-10
Sunday at 8:00 a.m.				
LEM	Sundy Schermeyer	Virginia Gilmore	Sundy Schermeyer	Virginia Gilmore
Lector	Tom Hadlock	Dick Gardner	Carol Jubinski	Carol Johns
Usher	Steve Turner	Tom Simson	Pete Williams	Tom Hadlock
Sunday at 10:00 a.m.				
LEM	John Andren	John Kern	John Kern	John Andren
Lector	Deni McChesney	Carol Fitton	Carol Fitton	Barbara Pettus
Greeter/Ushers	Rich Caccavano Paul Okula	Sandy Wyman Larry Andria	Steve DeCaro Eric Christensen	Edie Hoffman Kurt Hoffman
Altar Guild	Laura Bott Louise Reeves	Catharine Nobiletti Ashley McLean	Edie Hoffman Catharine Nobiletti	Victoria Garcia Jean Scopinich
Coffee Hour	Can you bring something to share?	Can you bring something to share?	Can you bring something to share?	Can you bring something to share?

Services at St. Mark's

Weekends

Sunday—Holy Eucharist
8:00 am & 10:00 a.m.

Thursdays

Services will resume in the Fall

Baptisms, Weddings, and the Sacrament of Reconciliation by Appointment

Fr. Chris Jubinski
Office: 631.288.2111
Cell: 410.253.3664
chris.jubinski@stmarkswhb.org

Episcopal Diocese of Long Island
www.dioceseli.org

To see the readings for the next two Sundays, click on the links at the top of the schedule on this page or visit lectionarypage.net

St. Mark's Episcopal Church

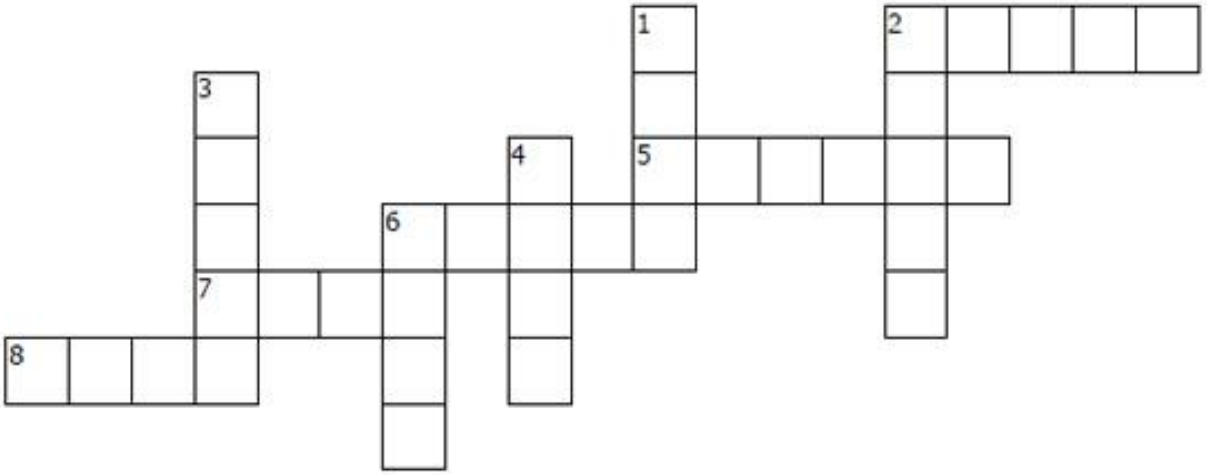
November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 21 Pentecost--Proper 26C No Sunday School Today 8:00am Holy Eucharist 9:00am Coffee Hour 9:15am Choir Practice 10:00am Holy Eucharist 11:00am Coffee Hour	31 Parish Office Closed Vigil of All Saints	1 All Saints Day 12:40pm Staff Meeting	2 All Souls Day 7:30pm Alanon	3 Richard Hooker, Priest and Theologian, 1600 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing 12:30pm Threshold Singers Choir Practice 5:00pm Holy Eucharist, Evening Prayer, or Compline 5:30pm Choir Practice	4	5 9:00am Men's Breakfast
6 All Saints Sunday 8:00am Holy Eucharist 9:00am Coffee Hour 9:15am Choir Practice 10:00am Holy Eucharist 10:00am Sunday School 11:00am Coffee Hour	7 Parish Office Closed Willibrord, Archbishop and Missionary, 739	8 [Ammonius, Hermit, c.403]	9 [Richard Rolle, Walter Hilton, and Margery Kempe, Mystics, 1349, 1396, and c.1440] 7:30pm Alanon	10 Leo of Rome, Bishop, 461 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing 12:30pm Threshold Singers Choir Practice 5:00pm Holy Eucharist, Evening Prayer, or Compline 5:30pm Choir Practice	11 Martin of Tours, Bishop, 397	12 Charles Simeon, Priest, 1836
13 23 Pentecost--Proper 28C 8:00am Holy Eucharist 9:00am Coffee Hour 9:15am Choir Practice 10:00am Holy Eucharist 10:00am Sunday School 11:00am Coffee Hour	14 Consecration of Samuel Seabury, First American Bishop, 1784 Parish Office Closed	15 [Herman of Alaska, Missionary,1837] 12:40pm Staff Meeting	16 Margaret of Scotland, Queen, 1093 7:30pm Alanon	17 Hugh, of Lincoln, Bishop1200 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing 12:30pm Threshold Singers Choir Practice 5:00pm Holy Eucharist, Evening Prayer, or Compline 5:30pm Choir Practice	18 Hilda of Whitby, Abbess, 680	19 Elizabeth of Hungary, Princess, 1231
20 Last Pentecost--Proper 29C 8:00am Holy Eucharist 9:00am Coffee Hour 9:15am Choir Practice 10:00am Holy Eucharist 10:00am Sunday School 11:00am Coffee Hour 2:00pm Parish Thanksgiving Dinner	21 [Mechthilde of Hackeborn and Gertrude the Great, Mystics and Thoelogians, 1298 and 1302] Parish Office Closed	22 Clive Staples Lewis, Apologist and Spiritual Writer, 1963	23 Clement of Rome, Bishop, c.100 7:30pm Alanon	24 [Catherine of Alexandria, Barbara of Nicomedia, and Margaret of Antioch, Martyrs, c.305] Parish Office Closed Thanksgiving Day	25 James Otis Sargent Huntington, Monastic and Priest, 1935 Parish Office Closed	26
27 1 Advent No Sunday School Today 8:00am Holy Eucharist 9:00am Coffee Hour 9:15am Choir Practice 10:00am Holy Eucharist 11:00am Coffee Hour	28 Kamehameha and Emma of Hawaii, King and Queen, 1863 and 1885 Parish Office Closed	29 12:40pm Staff Meeting	30 St. Andrew the Apostle 7:30pm Alanon	1 Nicholas Ferrar, Deacon, 1637 or [Charles de Foucauld, Monastic and Martyr, 1916] 10:00am Bible Study 11:00am Holy Eucharist with Prayers for Healing 12:30pm Threshold Singers Choir Practice 5:00pm Holy Eucharist, Evening Prayer, or Compline 5:30pm Choir Practice	2 Channing Moore Williams, Bishop and Missionary, 1910	3 [Francis Xavier, Priest and Missionary, 1552]

Zacchaeus Meets Jesus

When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. Luke 19:5-6 (NIV)

This puzzle is based on Luke 19:1-10 (NIV)



ACROSS

2. To move upward, especially by using the hands and feet
5. A person who disobeys God's laws; one who does wrong
6. Not tall
7. To set free from sin; to rescue
8. A large plant with a trunk, branches, and leaves

DOWN

1. To be unable to find your way
2. To get something for yourself in a dishonest way
3. A building in which people, usually a family, live
4. To have very little money
6. To search for something or someone

poor	save	lost	climb	tree
short	sinner	house	cheat	seek

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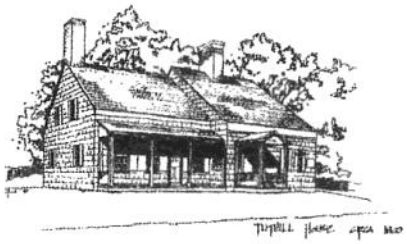
Its time to make the Zucchini Bread!

On Friday, October 28th, the delightful aroma of freshly baked zucchini bread made from zucchini out of our St. Mark's Community Garden permeated everywhere! (L to R) Candace Andria, Diane Stewart, Janet Jurgielewicz, and Catharine Nobiletti. ***(Not pictured was Marj Kulesa)***



Westhampton Beach Historical Society
P.O. Box 686
Westhampton Beach, NY 11978
Serving the Greater Westhampton Area

October 19, 2022

Saint Marks Church.
40 Main Street
P.O. Box 887.
Westhampton Beach, N.Y. 11978
Attn: Ms. Diane Stewart, Senior Warden

Re: The Westhampton Beach Historical Society
Potluck Supper and Walk Down Memory Lane

Dear Ms. Stewart:

On behalf of the Board of Trustees of The Westhampton Beach Historical Society and its members and attendees of the above Potluck Supper, held on October 16, 2022, we wish to thank you so much for allowing us to hold our well-received event at your premises.

Your kindness and generosity is greatly appreciated, and your employee, "Chris" was of utmost assistance. Thank you again.

Warmest personal regards,

Bo Bishop

Hermon "Bo" Bishop
President
The Westhampton Beach Historical Society

midweek
worship services
Thursdays
11am Holy Eucharist with Prayers for Healing
5pm Holy Eucharist, Evening Prayer, or Compline
feed your soul!

Is there any health risk in drinking from the Common Cup at Holy Communion? Here is the information we've been given:

- The CDC has found no documented transmission of any infectious disease has ever been traced to the use of a common communion cup. *
- The consensus of the CDC is that a theoretic risk of transmitting infectious diseases by using a common communion cup exists, but that the risk is so small that it is undetectable. *
- A study of 681 persons found that people who receive Communion as often as daily are not at higher risk of infection compared with persons who do not receive communion or persons who do not attend Christian church services at all. *
- Just in case, the CDC suggests that appropriate safeguards are:
  - Wipe the interior and exterior rim of the chalice between communicants
  - Use a clean cloth (purificator) for each service
  - Rotate the cloth frequently during communion distribution *
    (We do all these things at our parish)
- A report commissioned for the Anglican Church of Canada notes that intinction (dipping the bread in the wine) does not diminish the threat of infection and may actually increase it. Hands, children's and adults', are at least as likely to be a source of infection (often more so) as lips.

Some practical suggestions to keep us all healthy:

- Wash your hands or use hand sanitizer frequently, especially after using the bathroom.
- If you have an active respiratory infection (*i.e.*, cold or flu) or have moist or open sores on your lips (*e.g.*, cold sore), it is best not to drink from the cup or dip the wafer in it. Just receive the bread.
- And if you are still uncertain about the level of risk or have a problem with your immune system, there are options:
  - Receive first
  - Only receive the bread

Is drinking from the common cup risk free? No, but the risk is extremely small—you are far more likely to catch something by shaking someone's hand than by drinking from the common cup. Our sharing of the cup, the blood of Christ, has been part of our Christian faith and practice since Jesus first did it at the Last Supper the night before he was crucified. Please join us.

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* Data from the *American Journal of Infection Control*, October 1998, Vol. 26, No. 5.

American Journal of Infection Control

October 1998 * Volume 26 * Number 5

Risk of Infectious Disease Transmission from a Common Communion Cup

To the Editor:

For more than 2 decades, the Centers for Disease Control and Prevention (CDC) has stated an official position to inquirers (eg, lay public, physicians, nurses, and other health care professionals) about the risk of infectious disease transmission from a common communion cup. Although no documented transmission of any infectious disease has ever been traced to the use of a common communion cup, a great deal of controversy surrounds this issue; the CDC still continues to receive inquiries about this topic. In this letter, the CDC strives to achieve a balance of adherence to scientific principles and respect for religious beliefs.

Within the CDC, the consensus of the National Center for Infectious Diseases and the National Center for Human Immunodeficiency Virus, Sexually Transmitted Diseases, and Tuberculosis is that a theoretic risk of transmitting infectious diseases by using a common communion cup exists, but that the risk is so small that it is undetectable. The CDC has not been called on to investigate any episodes or outbreaks of infectious diseases that have been allegedly linked to the use of a common communion cup. However, outbreaks or clusters of infection might be difficult to detect if: (1) a high prevalence of disease (eg, infectious mononucleosis, influenza, herpes, strep throat, common cold) exists in the community, (2) diseases with oral routes of transmission have other modes of transmission (ie, fecal-oral, hand-to-mouth/nose, airborne), (3) the length of the incubation period for the disease is such that other opportunities for exposure cannot be ruled out unequivocally, and (4) no incidence data exist for comparison purposes (ie, the disease is not on the reportable disease list and therefore is not under public health surveillance).

Experimental studies have shown that bacteria and viruses can contaminate a common communion cup and survive despite the alcohol content of the wine. Therefore, an ill person or asymptomatic carrier drinking from the common cup could potentially expose other members of the congregation to pathogens present in saliva. Were any diseases transmitted by this practice, they most likely would be common viral illnesses, such as the common cold. However, a recent study of 681 persons found that people who receive Communion as often as daily are not at higher risk of infection compared with persons who do not receive communion or persons who do not attend Christian church services at all.

In summary, the risk for infectious disease transmission by a common communion cup is very low, and appropriate safeguards--that is, wiping the interior and exterior rim between communicants, use of care to rotate the cloth during use, and use of a clean cloth for each service--would further diminish this risk. In addition, churches may wish to consider advising their congregations that sharing the communion cup is discouraged if a person has an active respiratory infection (ie, cold or flu) or moist or open sores on their lips (eg, herpes).

Lilia P. Manangan, RN, MPH Lynne M. Sehulster, PhD Linda Chiarello, RN, MS, CIC Dawn N. Simonds, BS William R. Jarvis, MD Hospital Infections Program, National Center for Infectious Diseases, Centers for Disease Control and Prevention, US Department of Health and Human Services Atlanta, Georgia.

References

1. Hobbs BC, Knowlden JA, White A. Experiments on the communion cup. J Hyg1967;65:37-48.
2. Burrows W, Hemmons ES. Survival of bacteria on the silver communion cup. J Infect Dis 1943;73:180-90.
3. Gregory KF, Carpenter JA, Bending GC. Infection hazards of the common communion cup. Can J Public Health 1967;58:305-10. MEDLINE
4. Furlow TG, Dougherty MJ. Bacteria on the common communion cup [letter]. Ann Intern Med 1993;118:572-3. MEDLINE
5. Dancewicz EP. What is the risk of infection from common communion cups? [letter]. JAMA 1973;225:320.
6. Kingston D. Memorandum on the infections hazards of the common communion cup with especial reference to AIDS. Eur J Epidemiol 1988;4:164-70. MEDLINE
7. Gill ON. The hazard of infection from the shared communion cup. J Infect 1988;16:3-23. MEDLINE
8. Loving AL, Wolf L. Effects of holy communion on health © American Journal of Infection Control

A special thank you to all who helped and contributed goodies over the past few months with coffee hour. It has been a wonderful time of sharing and enjoying getting to know each other better.

This Fall, we would like to continue with a more family/ help yourself style coffee hour at both the 8 and 10 services. The coffee, tea, cream ,water, and juice will be provided and prepared weekly for both services. We will rely on sharing snacks such as cake, cookies, doughnuts, fruit, vegetables, cheese, crackers, etc. So please share a snack when you can.

It has been wonderful to see members pitching in with cleanup. Many hands make the task easy. Coffee hour is meant to be a social time not an extra job.

Celebrate Life and Our Stories!

See you at Coffee Hour!

Diane Stewart

Free coffee. Everlasting life.
Yes, membership has its privileges.

BULLETIN INSERTS

October 30, 2022 – Pentecost 21 (C)
Meet the Young Adult Service Corps: Madeline Hennig

My name is Madeline Hennig from the Diocese of Spokane and originally from Coeur d'Alene, Idaho. I am a Young Adult Service Corps (YASC) missionary serving in Rome at St. Paul's Within the Walls and its ministry the Joel Nafuma Refugee Center. In May 2021, I graduated from George Washington University with degrees in International Business and International Affairs, so serving in Rome doing refugee work has given me interesting experiences for my career and faith journey. St. Paul's is coming up on its 150th anniversary as a non-Catholic parish and community historically for American expats and Italians. Now, the community has turned into a vibrant multicultural group including parishioners from Africa, Latin America, and Europe.

I applied for YASC last year because I was looking for a way to volunteer with a service program before going into the workforce. I have been an Episcopalian for my entire life and my church life has always been important to me. As a youth, I participated in the Episcopal Youth Event twice and was involved at Camp Cross in Coeur d'Alene. Sharing my church life with like-minded people has been so important for my mental health and well-being. I knew that YASC would provide me a similar opportunity at an international location with other Episcopalians and Anglicans.

I also knew I wanted to live abroad after graduating university, so this would be a great way to get started. So far, I've learned a whole new aspect of The Episcopal Church, which is the churches here in Europe. The dynamics are quite different than they are in the United States. I also am witnessing what it is like to see a church evolve. St. Paul's has many different cultures, and we are fully embracing it. I have loved being here and contributing to the different ministries and fellowship that St. Paul's has to offer here in Rome.

YASC
YOUNG ADULT SERVICE CORPS

The Young Adult Service Corps is a ministry for Episcopalians ages 21-30 who are interested in exploring their faith in new ways by living and serving in communities around the worldwide Anglican Communion. Learn more at iam.ec/YASC.

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AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to St. Mark's in Westhampton Beach.

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from our list of eligible organizations. You can change your selection at any time.

1 To change your charitable organization:

2 Sign in to smile.amazon.com on your desktop or mobile phone browser.

From your desktop, go to **Your Account** from the navigation at the top of any page, and then select the option to **Change your Charity**. Or, from your mobile browser, select **Change your Charity** from the options at the bottom of the page.

Select a new charitable organization to support.

For more information about the AmazonSmile program, go to http://smile.amazon.com/about.

Hope for the Holidays

for Adults and Children

Thursday, November 17, 2022, 5-6:30 pm

Riverhead Public Library

330 Court Street, Riverhead

Adult Session, Stage Room, Lower Level

Student Session (Ages 4-17), Children's Room, Main Level

The holiday season is a special time of year to spend with the people you love and can be especially painful if you have recently lost a loved one. While it may be difficult, it's important to remember that the holidays can still be a time of celebration, even through grief. This program will explore meaningful ways to ease your anticipated grief and heartache during the holidays for adults and children.

EAST END HOSPICE
ZINBERG FAMILY BEREAVEMENT CENTER

Peconic Bay Medical Center
Northwell Health

Registration is required.

To register or if you would like more information:
please contact Dina DiFolco,
631.288.8400 ddifolco@eeh.org

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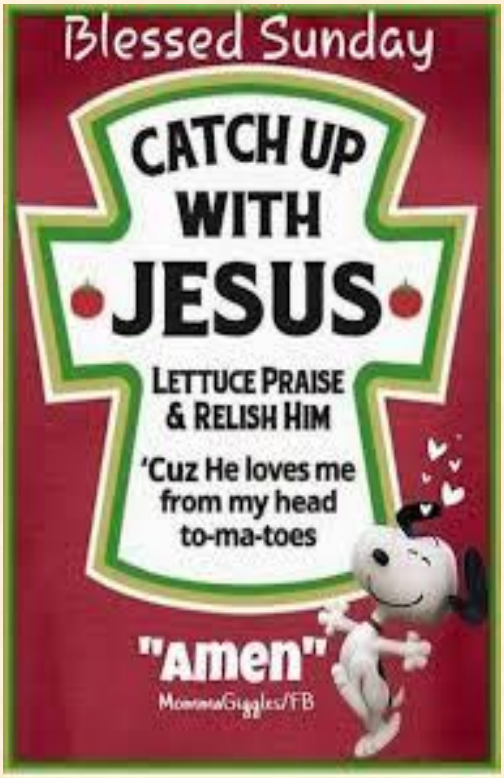
Rites of Passage

November Birthdays
6 Jack DeCaro
7 Carol Fitton
8 Eleanor Kast
8 Peyton Feil
9 Geri Wyman
9 Barbara Pettus
10 Andrew Wendel
10 Timothy Feil
10 Madeline Perez
13 Nate Perez
14 Timothy Jurgielewicz
14 Daniel Perez
15 Carol Laube
16 Robert Laube
16 Kelly Pickering
18 Margaret DeCaro
19 Sundy Schermeyer
20 Janet Jurgielewicz
21 Lauren Cunneen
24 Jeanine Graviano
28 Jock McLean
30 John Kern

November Anniversaries
6 Peter & Lori Williams
17 David Melo & Laureen Andria
23 Edward & Barbara Callahan
26 Michael & Catharine Nobiletti
28 Arthur & Virginia Connolly



On the Lighter Side...

Parish Office
40 Main Street
P.O. Box 887, WHB, NY 11978

Parish Office Hours
T—F 9:00 a.m. to 2:00 p.m.
kate.gabrielsen@stmarkswhb.org